

July/August 2013

# healthy horizons

a publication of the Greater Hazleton Health Alliance



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## A Message from our President/CEO Jim Edwards



In April, the Greater Hazleton Health Alliance (GHHA) and Lehigh Valley Health Network (LVHN) announced exciting plans to merge our two organizations, pending regulatory approvals. Since announcing our plans, we have been preparing paperwork and documentation for various regulatory bodies to review.

I am pleased to report that in mid-July we learned the Federal Trade Commission has completed its review, giving its clearance for LVHN and GHHA to merge. This marks a significant step in the regulatory process. However, other regulatory steps remain, including review by the Office of the Pennsylvania Attorney General.

Our relationship with LVHN began some six years ago when Hazleton General Hospital (HGH) partnered with the Lehigh Valley Physician Group to provide emergency-trained physician services in the Emergency Department. This positive relationship led to other clinical initiatives as we worked together to provide a nationally recognized MI Alert program for heart attack victims, became the first Primary Care Stroke Center designated in Northeast Pennsylvania, and most recently, received accreditation as a Chest Pain Center. A TeleHealth program was initiated at HGH so our physicians can consult on appropriate clinical care with specialty physicians at LVHN in real-time, in areas such as stroke, burns and infectious disease. We saw how well we could work together to improve the quality of care, and asked ourselves, how can we take this to the next level to continue to provide our community with the highest

quality healthcare in a cost-competitive manner?

The merger is an opportunity to advance the outstanding clinical results GHHA and LVHN have achieved thus far. The merger with LVHN will provide us with the resources and opportunities for cost-savings needed to ensure quality care for the Hazleton community. The merger will also help both health systems meet the changes in healthcare delivery, such as reimbursement tied to quality measures and value, that are already taking place as a result of the Affordable Care Act and other health reform measures.

The future is bright for GHHA and LVHN. We share a common not-for-profit mission, that being to provide outstanding healthcare services to our community. We will continue to meet the everchanging needs of the community.

There is no definitive timetable for the Attorney General's due diligence review process; however, we will keep you updated when we have news to share. Sign on to the GHHA Facebook page to get the news as it happens.

Thank you for supporting your community's healthcare system. We look forward to serving all your health and wellness needs. Have a wonderful summer!

A handwritten signature in blue ink that reads "Jim Edwards".



# HGH Honored with 5th Consecutive American Stroke Association Gold Achievement Award



Photo L to R: Jim Edwards, President & CEO, Greater Hazleton Health Alliance (GHHA), Tawny Jackson, Director of Quality Improvement, Great Rivers Affiliate, American Heart Association/American Stroke Association, Andrea Andrews, Director of Quality Management GHHA, Anthony Valente, MD, Vice President, Medical Affairs GHHA.

**H**azleton General Hospital (HGH) recently received the American Stroke Association's Get With The Guidelines®-Stroke Gold Quality Achievement Award. The award recognizes HGH's commitment and success in implementing a high standard of stroke care by ensuring that stroke patients receive treatment according to nationally accepted standards and recommendations. These include aggressive use of medications like antithrombotics, anticoagulation therapy, deep vein thrombosis prophylaxis, and cholesterol-reducing drugs, along with providing smoking cessation education. This marks the fifth consecutive year that Hazleton

General Hospital has been recognized with this quality achievement award.

Stroke is brain damage caused by a blocked blood vessel or bleeding in the brain. Stroke is the leading cause of adult disability and the third leading cause of death in the United States behind heart disease.

"With a stroke, time lost is brain lost, and the Get with the Guidelines-Stroke Gold Quality Achievement Award addresses the important element

of time," said Jim Edwards, Greater Hazleton Health Alliance President and CEO. In addition to the Get with the Guidelines-Stroke award, HGH has also been recognized as a recipient of the American Stroke Association's Target: Stroke Honor Roll.

Hazleton General Hospital has been accredited by the Healthcare Facilities Accreditation Program (HFAP) as a Primary Stroke Center since 2008. HGH has consistently maintained a 90% or above compliance level with all "best practice" stroke care measures for our HFAP Primary Stroke designation. ♦

## LEARN THE SYMPTOMS & RISK FACTORS

**Seek immediate emergency care if you experience any signs or symptoms of stroke:**

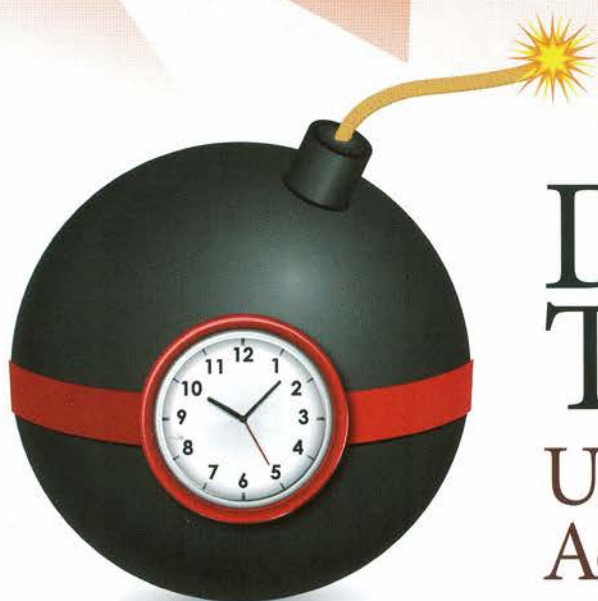
**Stroke risks include:**



- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.
- High blood pressure
- Inactivity
- Heart disease
- Obesity
- Cigarette smoking
- Excessive alcohol use
- High red blood cell count
- Drug abuse
- High cholesterol







# Defuse a Time Bomb

## Understanding Abdominal Aortic Aneurysm

*Julio Calderin, MD, Vascular Surgeon with the Alliance Medical Group discusses the causes, risk factors and treatment for abdominal aortic aneurysm (AAA), a serious vascular condition affecting nearly 200,000 people each year in the U.S.*

### What is an Abdominal Aortic Aneurysm (AAA)?

Your arteries deliver oxygen-rich blood from your heart to other parts of your body. The aorta, the largest artery in your body, runs from your heart, down through your chest, and into your abdomen. The abdominal region of the aorta is responsible for delivering blood to your legs, intestines, and kidneys. The aorta is the main pipe of our blood distribution system.

An abdominal aortic aneurysm (AAA) occurs when the wall of the aorta progressively weakens and begins to bulge. An AAA may continue to enlarge and eventually rupture if left untreated, just like an old pipe, causing severe internal bleeding and possibly death. Hence, for some people this could be a time bomb. How do we defuse it?

**Nearly 200,000 people in the United States are diagnosed with AAA annually. Approximately 15,000 die each year from a ruptured AAA. However, AAA can be safely treated with early diagnosis.**

### Causes and Risk Factors

Most aneurysms are caused by a breakdown in the proteins that provide structural strength to the aortic wall. Some risk factors that contribute to this structural breakdown include:

- **Age** - Individuals over 60 years are most likely to develop the condition.
- **Gender** - Males are more prone to the condition

- History of atherosclerosis (hardening of the arteries)
- Family history of AAA
- Smoking
- High blood pressure
- Chronic lung disease

### Symptoms

Most people feel no symptoms. AAAs are often detected when tests are conducted for other unrelated reasons. Those who experience symptoms describe them as:

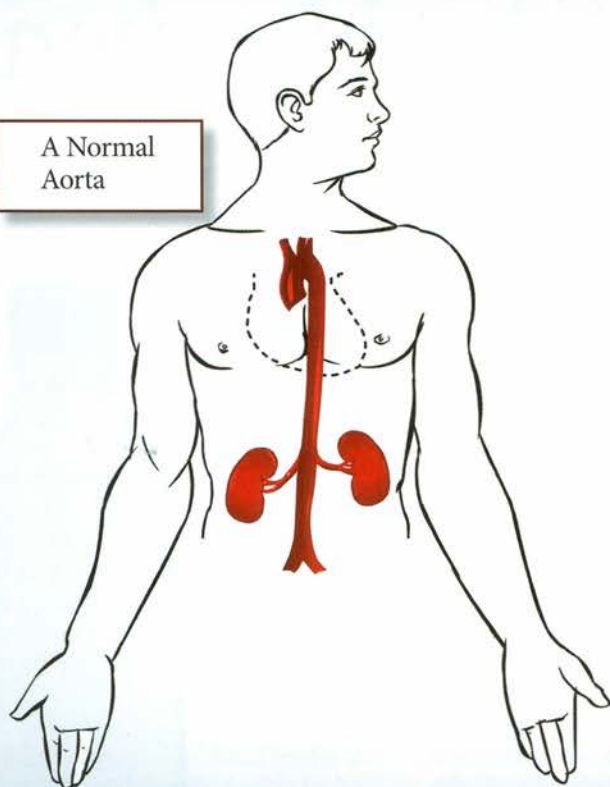
- **A pulsing feeling in the abdomen.**
- **Unexplained, severe pain in the abdomen or lower back.**
- **Pain, discoloration, or sores on their feet (this is a rare symptom).**

### Diagnosis

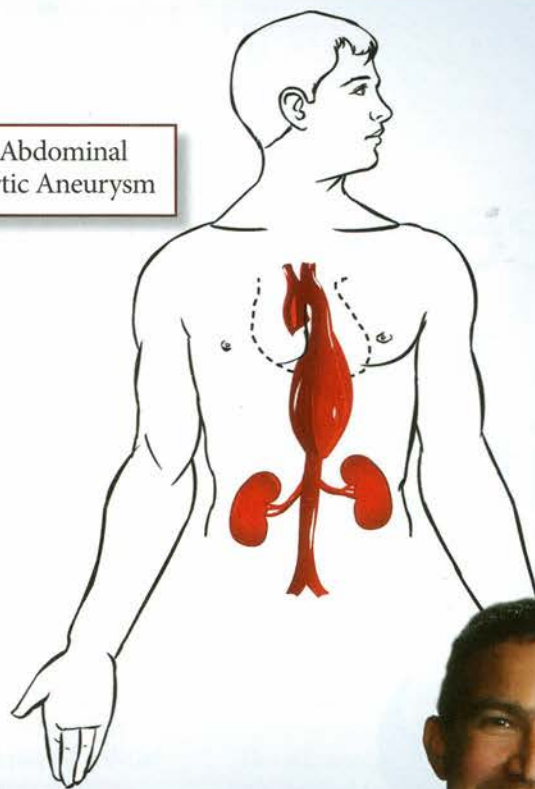
If you experience any of these symptoms, see a vascular surgeon. If tests reveal



A Normal  
Aorta



An Abdominal  
Aortic Aneurysm



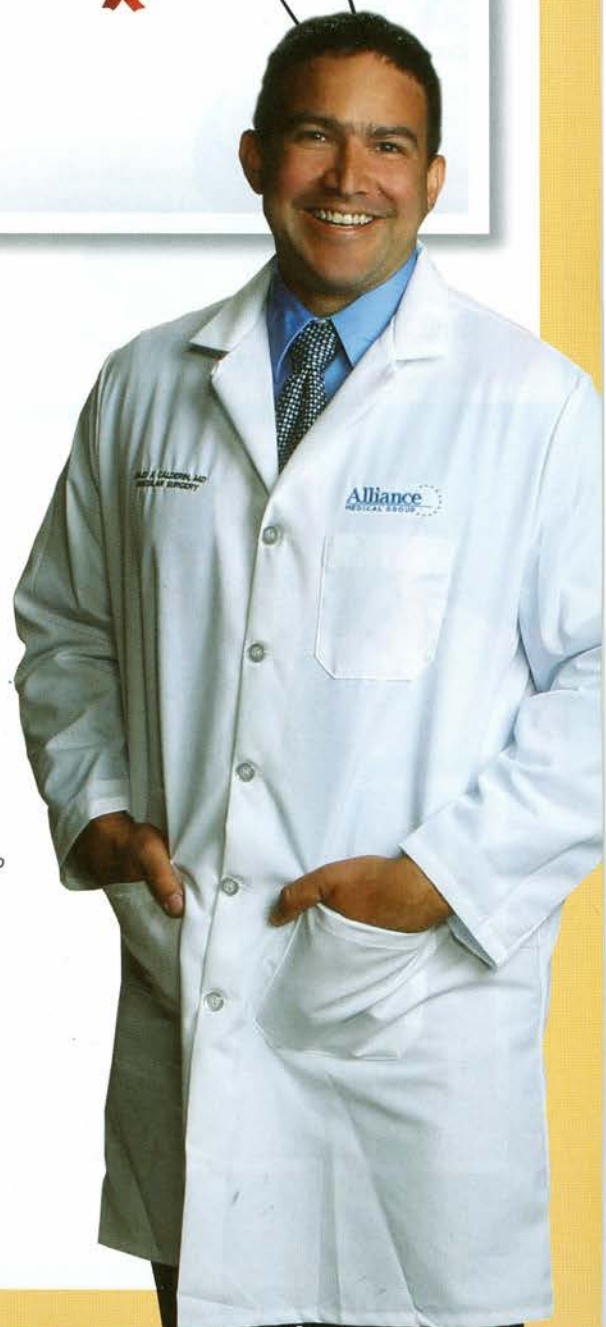
an AAA, your surgeon can perform all the treatment options available, including medical management, minimally invasive endovascular stent graft procedures, or open AAA repair. By seeing a vascular surgeon, you will be assured of receiving the most appropriate care for your condition.

#### Treatment

The size of the AAA determines the treatment. For large AAAs, or those that increase rapidly in size over a short period of time, repair may be carried out either by a minimally invasive procedure with placement of cover stent through the groin or by open bypass surgery. The goal is to fix the pipe. Your vascular surgeon will diagnose and prescribe the best treatment for your condition, and defuse the bomb.

Dr. Calderin is a board-certified, fellowship-trained vascular surgeon with Alliance Medical Group specializing in the medical and surgical treatment of artery and vein disorders. His office is located at the Hazleton Health & Wellness Center. For a consultation or examination, call 570-501-4-AMG. Visit Dr. Calderin's webpage at [www.myAMGhealth.org](http://www.myAMGhealth.org) under Our Team. ♦

Julio Calderin, MD  
Vascular Surgeon  
Alliance Medical Group



VIEW DOCTOR CALDERIN'S WEBPAGE  
<http://myamghealth.org/index.php?id=14&physician=5>



# Summertime Exercise:

## Keeping Cool in Hot Weather



### Preventing Heat-Related Illness

It's finally summer, the perfect time to be outdoors and take a walk, bike ride, or hike! But if you work out when the temperatures rise, be sure to take extra care, or you may risk a serious heat-related illness, such as heat stroke or heat exhaustion. Use these common-sense tips to reduce the risk of heat-related illness.

1. Begin exercising in the heat gradually. Your body will take approximately 7 to 10 days to get acclimated to the hot weather. Start by exercising in short bouts to allow your body to get adjusted to the climate.
2. Always wear lightweight and well-ventilated clothing when exercising outdoors. Cotton materials are cooler. Wear light-colored clothing if exercising in the sun. White reflects sunlight better than other colors.
3. Make sure you replace your body fluids as they are lost. Drink fluids at regular intervals while exercising. There are many sports drinks on the market. However, rehydration with water is usually adequate, except under extreme conditions where greater than 3% of a person's body weight is lost.



Heat-related illnesses occur along a spectrum, starting out mild, but worsening if left untreated. These include:

### Heat Exhaustion

- **Signs and Symptoms** - Weak rapid pulse, low blood pressure, headache, nausea, dizziness, general weakness, paleness, cold clammy skin, profuse sweating, elevated body core temperature (less than 104 degrees).
- **Treatment** - Stop exercising and move to a cool ventilated area. Lie down & elevate your feet 12-18 inches. Replenish your fluids and make sure to monitor your temperature.

### Heat Stroke

- **Signs and Symptoms** - Hot dry skin, bright red skin color, rapid strong pulse, labored breathing, elevated body core temperature (greater than 105 degrees).
- **Treatment** - Stop exercising, remove as much clothing as feasible, try to cool the body immediately in any way possible (wet towels, ice pack/baths, fan, etc.), give fluids, call 911 or transport to emergency room immediately.

Exercising in hot weather puts extra stress on your body. Remember, being well hydrated before exercising outdoors, and keeping an eye on the heat index, will help prevent heat-related injuries or illnesses.





# Another Headache?

## Alliance Headache Clinic Can Help.



**D**o you often experience pain in the head or upper neck? If so, you are not alone. In fact, according to the National Institutes of Health (NIH), headaches are one of the most common medical problems. More than 9 in 10 adults will experience a headache. Without proper treatment, headaches can be severe, interfere with daily activities, and negatively impact a person's quality of life.

The Alliance Headache Clinic, under the direction of board-certified neurologist Dr. Shu Xu, now offers comprehensive diagnosis and treatment of headaches.

"Having frequent or severe headaches causes much suffering; it affects your job, education and life," Dr. Xu explains. "There are many different kinds of headaches, and they can be primary or secondary headaches. Secondary headaches are a symptom of an injury or an underlying illness. There are three main categories of primary headaches: migraine, tension, and cluster

headaches, which include such conditions as cranial neuralgias and facial pain."

Although tension headaches are the most common type, according to the NIH, migraines affect 28 million people in the United States (about 12% of the population). Migraines occur in both children and adults, but affect adult women three times more often than men. There is often a family history of the disorder, and they often relate to hormonal changes. Migraines involve recurrent attacks of moderate to severe pain that is throbbing or pulsing and often strikes one side of the head. Other symptoms are increased sensitivity to light, noise, and odors, and nausea and vomiting.

"Primary headaches are often caused by lifestyle factors, such as sleep changes, emotional stress, skipping meals, or depression. They can also be caused by certain foods, such as cheese, yogurt,

chocolate, butter, coffee, alcohol, red wine, nuts, MSG, or processed meat. Lastly, the causes can be physical, such as hormonal changes, menstruation, exertion, or dehydration," says Dr. Xu.

The Alliance Headache Clinic provides out-patient treatment for all headache disorders. "Our team includes a neurologist, physical therapists, nutritionists and other specialists," explains Dr. Xu. The Headache Clinic team will thoroughly evaluate each patient to determine the cause of their headaches, and develop an individualized treatment plan to help alleviate their symptoms. Treatment options may include medications, physical therapy, biofeedback therapy, and nutritional and supportive counseling. ♦

*Services may be covered by your respective health insurance plan. For a consultation with one of the specialists at the Alliance Headache Clinic, call 570-501-6470 for an appointment.*

### When to Seek Medical Care.

Call your doctor if you experience:



- A new onset or change in pattern of headaches.
- The most severe headache in your life.
- A headache that is associated with neurological symptoms such as weakness, dizziness, sudden loss of balance or falling, numbness or tingling, paralysis, speech difficulties, mental confusion, seizures, personality changes/inappropriate behavior, or vision changes (blurry vision, double vision, or blind spots).
- Headache with a fever, shortness of breath, stiff neck, or rash.
- Headache pain that awakens you at night.
- Headaches with severe nausea and vomiting.
- Headaches that occur after a head injury or accident.
- Progressive headaches.
- Headaches which are worse in the morning.
- A headache precipitated by coughing, sneezing, exercise, bending down.
- Your headaches do not respond to headache treatment.



**Shu G. Xu, MD, PhD**  
Board Certified Neurologist





# Get Fit! Get Healthy!

If you are serious about getting into shape or losing weight this summer, come to the experts. The Hazleton Health & Wellness Fitness Center (HHWC), part of the Greater Hazleton Health Alliance is open to the public, and is the only fitness center in the area fully accredited by the Medical Fitness Association (MFA). The HHWC Fitness Center combines the benefits of exercise and good nutrition with personalized coaching and education to help you achieve your fitness goals. ♦

## Annie's Story

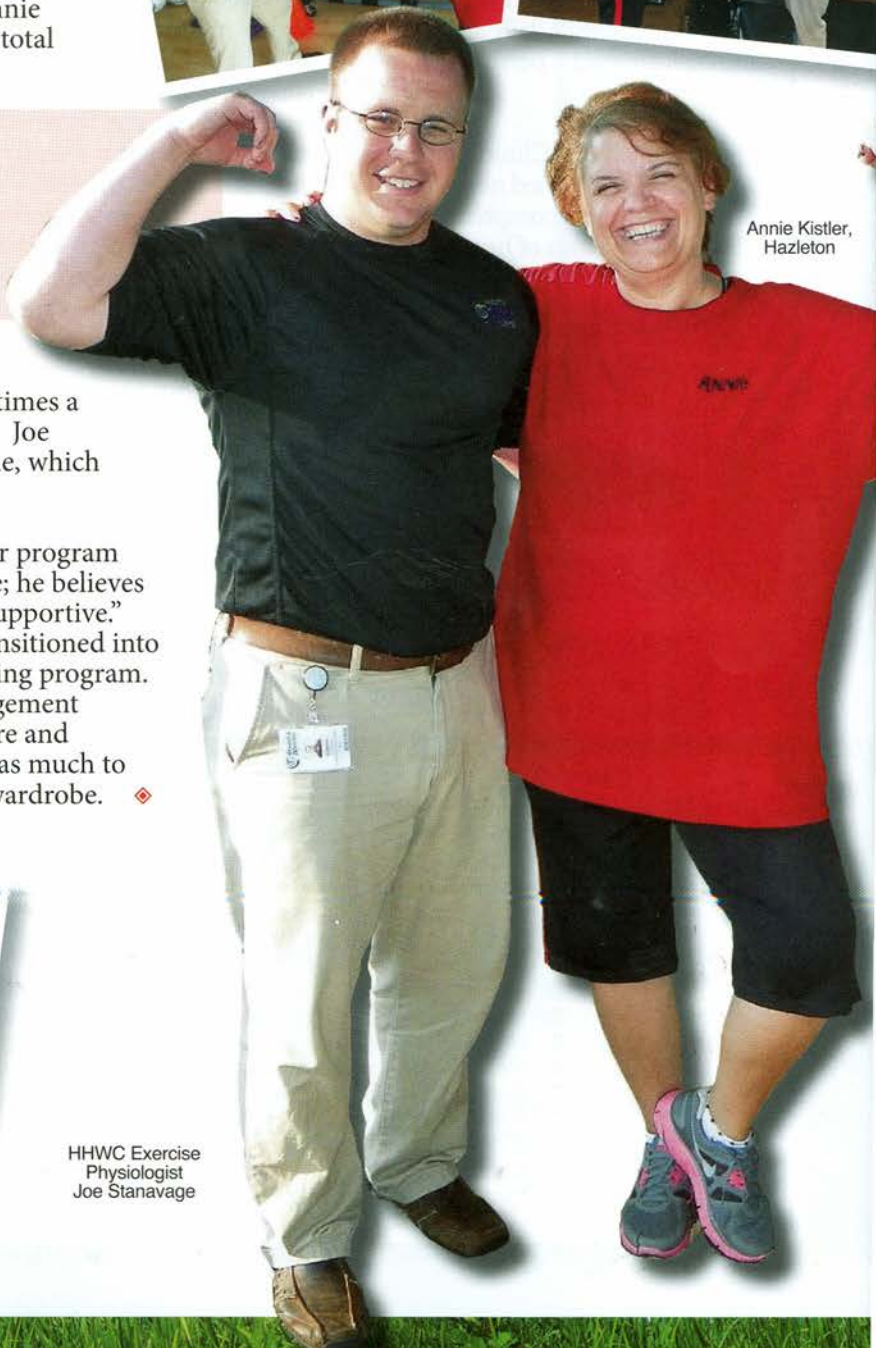
Annie Kistler of Hazleton agrees that the staff at the Fitness Center is second to none. Annie's year-long weight loss journey is being documented on local television Channel 13 (SSPTV). Her comprehensive weight-loss regime includes working out at the HHWC Fitness Center. To date, Annie has seen her body transform, losing 75 pounds and 25 total inches, and going down 5 dress sizes.

“You don't know how many times I have tried to lose the weight. I tried to work out on my own, but I never knew what working out meant until I started coming to the (HHWC) Fitness Center.”

- Annie Kistler

“I never had a plan.” Annie started working out three times a week with HHWC exercise physiologist Joe Stanavage. Joe developed a specific exercise plan customized for Annie, which concentrates on cardio and full-body workouts.

Annie tells us that following the HHWC Fitness Center program has been a great experience. “Joe really encourages me; he believes in me. In fact, everyone at the Fitness Center is very supportive.” Although she was reluctant at first, Annie has even transitioned into the Fitness Center's Advanced Boot Camp group training program. Another positive of the exercise and weight loss management program is that Annie is off her previous blood pressure and cholesterol medications and feels great. She says she has much to look forward to, including shopping for a whole new wardrobe. ♦



Annie Kistler,  
Hazleton



BEFORE

AFTER

HHWC Exercise  
Physiologist  
Joe Stanavage



# Alliance Weight Loss Management Program

Weight loss is not just about eating less or exercising, it's much more than that. Losing weight and keeping that weight off leading to a better lifestyle is what the Alliance Weight Loss Management Program is all about. Developed by a team of physicians, exercise physiologists, nutritionists, therapists, and others, Alliance Weight Loss Management Program consists of an initial medical evaluation with follow-up evaluations by a physician, personalized training plans, nutritional

and behavioral counseling, and a support group. This comprehensive program was designed to help you lose the weight and keep the weight off.

"The Alliance Weight Loss Management program does wonders for our clients," explains Stanavage. "Individuals feel comfortable coming to the gym to work out. With the help of the staff here at the Fitness Center and the support of others who have experienced the same struggles, our

clients are turning their weight loss struggles into great achievements.

We want all our Weight Loss Management Program members to enjoy exercise and learn about the process of losing weight and being healthy. We stress the idea that their weight loss journey is a process. Our goal is for our clients to understand that this is a lifestyle change to benefit them by improving their quality of life. Our motto is 'keep moving!'" ♦

## Something for Everyone

In addition to working with weight loss program clients, the HHWC Fitness Center offers many other classes and specialty programs, including workouts that beginners can jump right into, all the way to the Advanced Boot Camp training program Annie Kistler now participates in:



- **Weight Loss Management Program** - This highly successful weight management program consists of an initial medical evaluation, individualized training plans, and nutritional and behavioral counseling.
- **Boot Camp** - a cross-training program customized for all fitness levels. Participants will build muscle, strength, cardio endurance, flexibility, coordination, and core strength through a variety of indoor and outdoor exercises.
- **Junior Circuit** - a complete fitness program designed to help kids ages 10-15 years old make improvements in strength, endurance, speed, agility and balance.
- **Athlete's Edge** - a program designed to maximize athletic performance in all sports.
- **Children's Comprehensive Weight Management Program** - a program that develops both exercise and nutrition plans for kids ages 12-15.
- **Healthy-Steps** - a Lebed Method program developed specifically as a simple, gentle, fun and effective exercise program for cancer survivors or those who have a chronic disorder which makes movement difficult.
- **Tai Chi** - a gentle way to reduce stress and improve flexibility, often described as meditation in motion.
- **Airope** - similar but even easier than traditional jump roping, this new exercise program improves balance, speed, agility and coordination, while working the core muscles.

NEW

## State-of-the-Art Equipment

HHWC Fitness Center members can now enjoy working out on brand new Cybex exercise equipment, including an "arc trainer" as featured on the most popular weight loss TV show. This elliptical-type trainer can be customized for the user, and is easier on the joints. The Fitness Center also recently acquired new Cybex treadmills, recumbent bikes, upright bikes, Sci-Fit Upper Body Exercisers (UBE) with wheel chair ramps, and Schwinn spinning bikes.

You can learn more about all the HHWC Fitness programs by calling 570-501-6750 or visiting

[www.hazletonhealthandwellness.org](http://www.hazletonhealthandwellness.org).

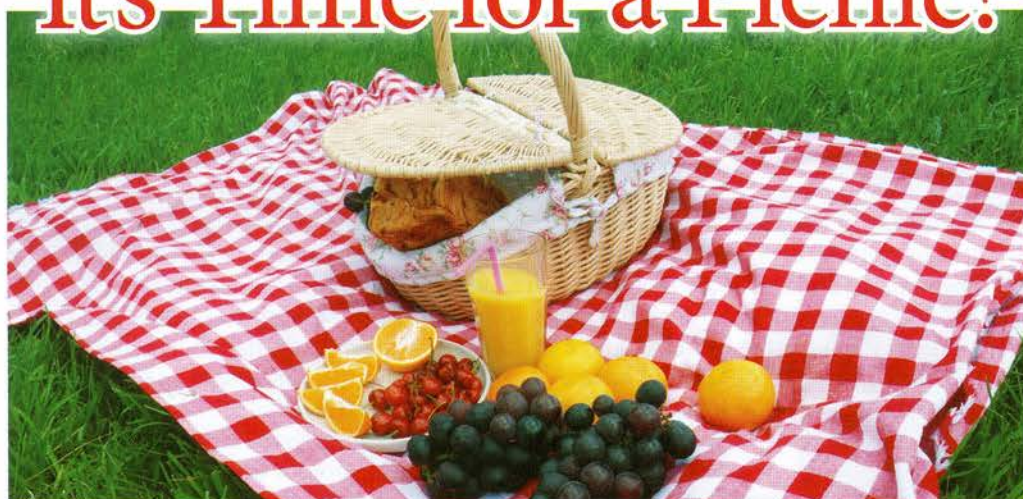
The HHWC is located at 50 Moisey Drive, Hazleton, across from Walmart. ♦



healthy horizons



# It's Time for a Picnic!



It's summertime, and the living is easy. To celebrate our love for the outdoors and enjoy the company of friends and family, why not plan an old-fashioned picnic? Grab that picnic basket and head to your favorite local park or lake!

## Here are some planning tips to make your picnic a success:

➤ **Pick Your Spot.** We are fortunate to have many wonderful local community and state parks, lakes and beach areas to choose from. Try to select a location that offers shelter if the weather doesn't cooperate.

➤ **Make a List.** You will need: weather-appropriate clothing items, plates, napkins, coolers with plenty of ice, plastic cups, forks,

and spoons. Take a large plastic bag for garbage. Don't forget your sun block and insect repellent, and of course, bring your camera for the memories you'll make.

➤ **Provide Shade and Seating for your Guests.** Portable umbrellas and folding or camp chairs work great.

➤ **Keep it Clean.** Remember, if you don't have running water, bring wipes and sanitizing gel for your hands and cooking surfaces.

Once you are at your perfect picnic spot, remember most foods need to be eaten within an hour of being taken out of the fridge. Keep your food cold. Don't forget to clean up when you are done and dispose of all your garbage, so the next person can enjoy their picnic too. If you prepare ahead of time, you can relax and enjoy the day. No matter what you eat, or where you go, the memories you make will last a lifetime. ♦

## GARDEN VEGGIE PIZZA SQUARES

Try this tasty recipe for your next picnic!

- 1 (8 ounce) package refrigerated crescent rolls
- 1 (8 ounce) package cream cheese, softened
- 1 (1 ounce) package Ranch-style dressing mix
- 1/2 cup fresh broccoli, chopped
- 2 carrots, finely chopped
- 1/2 cup chopped red bell peppers
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped green onions

### DIRECTIONS

Preheat oven to 375° F.

Roll out crescent rolls onto a large non-stick baking sheet. Stretch and flatten to form a single rectangular shape on the baking sheet. Bake 11 to 13 minutes in the preheated oven, or until golden brown. Allow to cool.

Place cream cheese in a medium bowl. Mix cream cheese with 1/2 of the ranch dressing mix. Adjust the amount of dressing mix to taste. Spread the mixture over the cooled crust. Arrange carrots, red bell pepper, broccoli and green onions on top. Chill in the refrigerator approximately 1 hour. Cut into bite-size squares to serve.



## HEALTHY PICNIC FOODS

### Picnics can be healthy, too! Try these 10 healthy alternatives on your next outing:

**Homemade Trail Mix** - Mix some nuts, dried fruits, and seeds together for a nutritious and delicious snack.

**Watermelon** - Nature's perfect picnic food.

**Homemade Lemonade** - Easy on the sugar!

**Turkey or Veggie Burgers** - If you are going to grill at your picnic, try these healthy substitutes to hamburgers.

**Finger Food Veggie Tray, with Hummus Dip** - Create a beautiful platter of in-season vegetables like cherry tomatoes, snap peas, zucchini, carrots and bell peppers. Serve with hummus dip.

**Summer Fruit Salad** - Mix in-season berries with strawberries, cut-up melon and grapes for a delicious salad packed with antioxidants.

**Pizza** - Make a homemade pizza healthy by topping with vegetables like spinach and broccoli. Go easy on the cheese.

**Wraps** - Wraps can be made ahead, and the healthy possibilities are endless! Try a grilled vegetable or chicken breast wrap.

**Broccoli Salad** - Substitute low-fat yogurt or light poppy seed dressing for the mayo.

**Angel Food Cake** - Don't forget dessert! Bring sliced strawberries and nonfat whipped topping for your own version of strawberry shortcake.



The Centers for Disease Control (CDC) estimates that each year roughly 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases. Symptoms include: nausea, vomiting, diarrhea, abdominal pain and cramps, and fever.



# SUMMER FOOD SAFETY

**T**he warm weather is finally upon us, and we are attending many summer picnics and cookouts, and eating all our favorite dishes! But, as the temperature rises, so does the risk of foodborne illness.

As Dr. Eugene Gorski, Alliance Medical Group family physician explains, we need to be extra vigilant about food safety in the hot summer months. "Many of the staples of our picnics, such as mayonnaise-based potato and macaroni salad, and deviled eggs, are breeding grounds for bacteria such as Salmonella. If allowed to, these bacteria will propagate quickly and cause foodborne illnesses." Follow these basic guidelines to keep your family safe from foodborne illnesses this summer.

**Cook With a Thermometer, Not Your Eyes.** Do not rely on the color of meat to determine if it is properly cooked.

## SAFE MINIMUM INTERNAL TEMPERATURES (USDA Recommended)

Whole poultry: 165° F

Poultry breasts: 165° F

Ground poultry: 165° F

Ground meats: 160° F

Beef, pork, lamb, and veal (steaks, roasts and chops): 145° F (and allow to rest at least 3 minutes).

Use a food thermometer to make sure it is cooked to the proper minimum internal temperature to destroy harmful bacteria.

### Keep Hot Food Hot.

Bacteria grow quickest when temperatures are between 40° F and 140° F. Keep your meat and poultry at 140° F or warmer after cooking it on the grill.

### Keep Your Cool.

Always use an insulated cooler with ice to keep food at 40° F or cooler, and never leave food out at room temperature to thaw. "Make sure you serve, eat and get food back in the cooler as soon as possible," says Dr. Gorski. "As the heat builds, make sure that your cold items are on ice and covered. Take out only the portion of the salad or food that will be eaten. Leave the rest in the refrigerator until you are ready to serve it. If you are using ice under bowls, make sure you refill the ice often." Never consume perishable food that has been sitting out for more than an hour on days where the temperature is above 90° F.

### Keep it Clean.

Always wash your hands while preparing food and after handling raw meats. Bacteria can easily spread from one food to another through dripping juices, hands, or utensils. If clean running water is not available, bring water, wipes, and sanitizing gel with you. Make sure all your containers are clean. Lids and containers are often the worst offenders when it comes to germs.

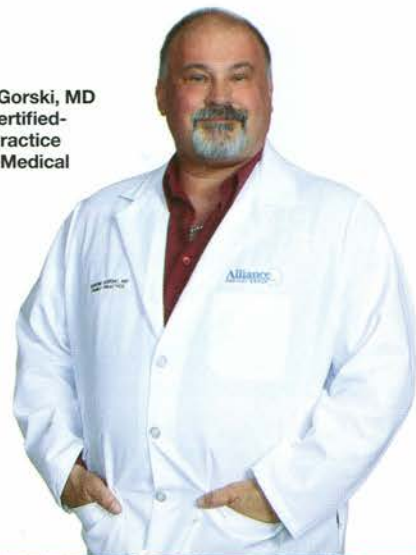
### Pack Properly.

Put perishable foods like meats, fruit, vegetables, and salads in clean, individual containers, and pack them at the bottom of the cooler. Place ice packs on top.

Dr. Gorski tells us that if you unfortunately contract a foodborne illness this summer, "the first line treatment is drinking plenty of fluids, getting rest, and following a simple BRAT diet (bananas, rice, applesauce and toast). Many times, foodborne illnesses will resolve spontaneously. Other times, you may require an antibiotic treatment. Please see your doctor if your symptoms seem especially severe, or you are not recovering after a few days."

Remember to enjoy your summer cookouts and all the wonderful food, but do it with food safety in mind! ♦

Eugene Gorski, MD  
Board Certified-  
Family Practice  
Alliance Medical  
Group





# Immunize to Protect Your Child

**A**ugust is National Immunization Awareness Month. In the United States, active vaccination programs have helped to reduce, and in many cases virtually eliminate, the threat of many dangerous childhood diseases.

Dr. James Caggiano, pediatrician with the Alliance Medical Group, stresses the importance of keeping all family members up-to-date on recommended immunizations. "Vaccination is the single greatest advance in modern public health, on par with public hygiene and sanitation."

Vaccine-preventable diseases, such as measles, mumps, and whooping cough, are a very real threat to those not properly protected.

## What is an Immunization Vaccine?

Vaccines contain the same germs that cause disease. (For example, measles vaccine contains the measles virus). But the virus has been killed or weakened so it will not make you sick. The vaccine stimulates your immune system to produce antibodies to fight against the virus. Once you are vaccinated, you will develop immunity to that disease.



## BACK TO SCHOOL IMMUNIZATIONS.

According to the Pennsylvania Department of Health, children in ALL grades (K-12) need the following vaccines:

- 4 doses of tetanus\* (1 dose on or after 4th birthday)
- 4 doses of diphtheria\* (1 dose on or after 4th birthday)
- 3 doses of polio
- 2 doses of measles\*\*
- 2 doses of mumps\*\*
- 1 dose of rubella (German measles) \*\*
- 3 doses of hepatitis B
- 2 doses of varicella (chickenpox) or evidence of immunity

\*Usually given as DTP or DT or Td \*\*Usually given as MMR

## Additional immunizations are required for entry into 7th Grade

- 1 dose meningococcal conjugate vaccine (MCV)
- 1 dose of tetanus, diphtheria, acellular pertussis (Tdap) [if five years have elapsed since last tetanus immunization]

"A big part of why people live as long as they do is the result of immunization," explains Caggiano. Vaccinating keeps your child healthy and stops the spread of disease in your family and community. Vaccines have become vital tools in preventing previously widespread diseases by significantly reducing childhood infection rates. Make an appointment today to have your child vaccinated. Vaccines save lives.

For more information on childhood vaccinations or to make an appointment to have your child vaccinated, call 570-501-4-AMG. ♦

James Caggiano, MD, FAAP  
Board Certified- Pediatrics  
Alliance Medical Group



*The only exceptions to the school laws for immunization are medical reasons and religious beliefs. If your child is exempt from immunizations, your child may be removed from school during a disease outbreak. Keep a record of your child's immunizations in a safe place. Your doctor's office, medical clinic, or hospital may ask for this record.*





“This is the best thing we could possibly do for training. It’s all about building skills competencies.”

- Michele Cassic, MSN

## SimMan® Brings Training to Life

**S**ure, he breathes, has a pulse and bowel sounds, blinks his eyes, talks, and exhibits a variety of coughs, but this patient is not a human at all. Hazleton General Hospital (HGH) can now provide a unique training experience for its clinical and medical staff with a Laerdal SimMan® Essential, a human patient simulator. The mannequin-like simulator was provided to the Hospital by its risk management company this spring, and is currently being used for advanced cardiac life support training and training new nursing employees.

Unlike typical training mannequins, SimMan® is a realistic, full body adult patient simulator. He does many of the things real patients do, even mimicking

patient symptoms and complaining when he does not feel well, providing HGH medical professionals the most true-to-life patient interaction experience to practice a variety of advanced techniques and procedures to sharpen clinical and decision-making skills.

Michele Cassic, the hospital’s director of education, was excited to introduce the patient simulator. “This is the best thing we could possibly do for training,” Cassic said. “It’s all about building skills competencies.”

SimMan®’s monitor displays vital signs, such as blood pressure and heart rate, just like those used with real patients at HGH. Various ports allow hospital

personnel to insert tubes or administer injections. “He can even be given an intravenous drip or simulated blood,” says Cassic.

She explains that all of the simulator’s actions and sounds are controlled with a computer, so instructors can create real-life clinical scenarios based on learning objectives. For example, SimMan® can be programmed to go into cardiac arrest. SimMan®’s monitor can then replay the clinical scenario back, providing immediate, accurate, and objective review of student performance to capitalize on learning opportunities. During a cardiopulmonary resuscitation (CPR) class, SimMan®’s sensors can determine whether

the student is correctly performing a function, such as CPR.

While offering unique training opportunities to improve communication skills and develop effective team performance, SimMan® will also help build individual competencies in a number of clinical skills.

“SimMan® is a wonderful teaching tool for the hospital. We are very lucky to have it,” says Cassic. ♦





# Don't Get Distracted!

*The Hazleton General Hospital Trauma Prevention Task Force wants you to know distracted driving is a dangerous epidemic on our roads.*

**D**istracted driving is quite serious. The U.S. Department of Transportation tells us nearly 400,000 people are injured and 3,000 people are killed each year in crashes directly involving distracted driving.

## What is distracted driving?

Distracted driving is any activity that could divert a person's attention away from driving, which endanger driver, passenger, and bystander safety. These types of distractions include: texting, using a cell phone, eating/drinking, talking, grooming, reading (including maps), using a navigation system, videos, or adjusting a radio or CD player.



## Drive Safe

Parents of teen drivers need to be especially vigilant. Discuss what it means to be a safe driver with your teen, and set the rules for safe behavior behind the wheel. Set a positive example by putting your cell phone away every time you drive.

Take these steps to keep yourself and others safe while on the road:

- Never text and drive.
- Always stay focused and alert when driving.
- Speak out if the driver in your car is distracted.
- Spread the word and get involved in promoting safe driving in your community.
- Take the pledge to commit to distraction-free driving.

## Word Find - Distracted Driving

Find the words that relate to distracted driving.

D F N O I T N E T T A P P L L  
F I B R K H O B W X L R R I Y  
Y O S R E V I R D E G O E V H  
V T C T A G X A D S E M V E F  
Y K E U R N N G H N I O E S K  
Y X U F S A E E O W Z T N R G  
T D S V A V C H S C D E T E N  
D A O R A S P T O S R V I D I  
D A M S I Q O M E E A B O N T  
S R E Q U C M O G D U P N A A  
P O I R K U X A G P S L Y T E  
A L Q V N E N D A N G E R S E  
M K N I I E G R U X T N L Y L  
B C T K E N R A D I O Q G B O  
G Y X T P J G N C B Y E I B L

ATTENTION  
BYSTANDER  
COMMUNITY  
DISTRACTED  
DRIVER  
DRIVING  
EATING  
ENDANGER  
FOCUS  
GPS  
LIVES  
MAPS  
PASSENGER  
PHONE  
PLEDGE  
PREVENTION  
PROMOTE  
RADIO  
READ  
ROAD  
SAFETY  
SAVE  
TEENAGER  
TEXT



# Upcoming Events

Greater Hazleton Health Alliance  
Health Screenings, Community  
Education Programs & Activities

## August

### 22

#### Free Skin Cancer Screening

Dr. Kathleen Veglia, dermatologist

8:00 a.m. to 9:30 a.m.

15th & Church Streets (former Cancer Treatment Center)

Appointment is required; space is limited.

Call 570-501-6204 to register.



### 27

#### Putting the Garden to Bed

The program focuses on fall gardening tasks, such as: dividing and transplanting perennials, general clean up of beds, preparing new planting beds for spring, planning for next year's garden, and much more.

Sandy Visintainer, Penn State Master Gardener

6:00 p.m. to 7:00 p.m.

Hazleton Health & Wellness Center, Lower-Level

Pre-registration is required.

Visit [www.ghha.org](http://www.ghha.org) to register through the Calendar of Events or call 570-501-6204.

### 27 & 29

#### HHWC Fitness Open House

8:00 a.m. to 11:00 a.m. & 5:00 p.m. to 7:00 p.m.

Hazleton Health & Wellness Center, Fitness/Rehabilitation Department, Upper Level  
Meet one-on-one with exercise specialists and see our new state-of-the-art exercise equipment. All attendees will receive a free In-Body Scan to assess body fat, muscle mass and muscular development. Participants will also receive a one-day fitness pass to use at a later date.

Pre-registration is required.

Visit [www.ghha.org](http://www.ghha.org) to register through the Calendar of Events or call 570-501-6204.



#### Future Events:

Hunters' Health &  
Wellness Fair  
Fall Prevention Program

Visit Our Calendar of Events at [www.ghha.org](http://www.ghha.org) for more events.



## Greater Hazleton Health Alliance

Our heart is in healthcare.



### Word Find Solution

D + N O I T N E T T A P P L +  
F I + R + + + + + L R R I +  
Y O S R E V I R D E + O E V +  
+ T C T + G + + D + E M V E +  
+ + E U R + N G + N + O E S +  
+ X + F S A E E O + + T N R G  
T + + + A V C H S C + E T E N  
D A O R A S P T O S R + I D I  
D A + S + + + M E E A + O N T  
S R E + + + M + G D + P N A A  
P + I R + U + A G P S + + T E  
A + + V N E N D A N G E R S +  
M + + I I E + + + + + Y +  
+ + T + E N R A D I O + + B +  
+ Y + T + + G + + + + + + +

(Over,Down,Direction)  
ATTENTION(11,1,W)  
BYSTANDER(14,14,N)  
COMMUNITY(10,7,SW)  
Distracted(1,1,SE)  
DRIVER(9,3,W)  
DRIVING(1,9,SE)  
EATING(15,11,N)  
ENDANGER(6,12,E)  
FOCUS(1,2,SE)  
GPS(9,11,E)  
LIVES(14,1,S)  
MAPS(1,13,N)  
PASSENGER(12,10,NW)  
PHONE(7,8,NE)  
PLEDGE(12,1,SW)  
PREVENTION(13,1,S)  
PROMOTE(12,1,S)  
RADIO(7,14,E)  
READ(4,11,NW)  
ROAD(4,8,W)  
SAFETY(6,8,NW)  
SAVED(4,9,NE)  
TEENAGER(4,15,NE)  
TEXT(4,4,SW)



700 East Broad Street, Hazleton, PA 18201  
570.501.4000  
[www.ghha.org](http://www.ghha.org)



50 Moisey Drive, Hazleton, PA 18202  
570.501.6600  
[www.hazletonhealthandwellness.org](http://www.hazletonhealthandwellness.org)



Hazleton General Hospital  
700 East Broad Street, Hazleton, PA 18201  
570.501.6322  
[www.nebariatrics.com](http://www.nebariatrics.com)



20 N. Laurel Street, Hazleton, PA 18201  
570.459.0082  
Route 309, Hometown, PA 18252  
570.668.3898  
[www.ghha.org](http://www.ghha.org)



700 East Broad Street, Hazleton, PA 18201  
570.501.4AMG  
[www.MyAMGHealth.org](http://www.MyAMGHealth.org)



Gunderson Rehabilitation Center • Hazleton General Home Care  
Certified Primary Stroke Center • Alliance Sleep Center  
Chest Pain Center

Hazleton General Hospital is a nonprofit, independently operated, voluntary regional medical center offering, in association with medical staff, a wide range of health technologies and specialty services. Earnings are devoted exclusively to the continuation and improvement of patient services and facilities, as well as educational and outreach activities. The information in this publication is not intended for the purpose of diagnosing or prescribing. If you have concerns about health issues, contact your personal physician.

Periodically, we send communications to friends and neighbors in our community that describe the healthcare services and the products we offer. If you would prefer not to receive communications like this from our organization, please call 570.501.6204.

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